NEPAL PULLS TOGETHER

VILLAGERS PITCHING IN TO REPAIR DAMAGE A WEEK AFTER DEADLY EARTHQUAKE metroNEWS

Toronto metro

Your essential daily news | MONDAY, MAY 4, 2015 | High 23°C/Low 11°C Cloudy and rainy

ONTARIO FUNDS AFRICAN FASHION metroNEWS

OUR KITE RUNNERS

Seven-year-old Angus, right, and his brother Octavus, 3, take part in a kite festival in Woodbridge over the weekend. Tips on where and how you can "decorate the sky" in metronews. LIZ BEDDALL/METRO

School year in jeopardy

EDUCATION

Strikes putting thousands of high school kids' futures in doubt

More than 67,000 Ontario high school students will be out of school Monday because of teacher strikes, and fears are growing they could lose their school year — which would be a first in Ontario, if not Canada.

In its first statement since the turmoil erupted, the Ontario Public School Boards Association said Monday that the stumbling blocks include disputes over wiggle room on class size, how teachers use their time at school outside class and principals' ability to hire teachers based on factors beyond seniority.

> **The prospect of losing the school year must be unthinkable to both sides.**
> University of Toronto professor David Livingstone

"The prospect of losing the school year must be unthinkable to both sides — none of the players want to go to the brink," said University of Toronto professor David Livingstone. "But if it comes to late May or early June with no resolution, that's when back-to-work legislation might be a possibility."

Some 42,000 teens in Peel Region are out of school starting Monday, with the third strategic strike in as many weeks by the Ontario Secondary School Teachers' Federation (OSSTF). Roughly 21,000 of their peers in Durham Region have been out of class for two weeks, along with 4,700 in Sudbury-area high schools, where teachers walked out April 27.

With progress appearing sluggish at the provincial bargaining table, and four more OSSTF locals poised to hit the bricks, fear is mounting that nearly 130,000 high school students across seven school boards targeted for walkouts could become the first Ontario students ever prevented from finishing their school year by labour disruption. Durham's strike could leave students without half of their second semester, and Peel students will lose the final six weeks of class if a deal is not reached. In Ontario, a high school credit requires 110 hours of instruction.

It is not clear whether, if a deal is reached later this term, catch-up classes could extend into the summer.

"There are implications for other boards, too," cautioned Livingstone, "because if all these students lose their year, it becomes a precedent for going down a very dark road in future negotiations. This should be an ideal situation for alternative dispute resolution — something our premier is an expert in. Let's hope cooler heads prevail."

TORSTAR NEWS SERVICE

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metro NEWS

Your essential daily news

Local duo's UV-blocking glasses protect beer from sun. **Business**

A Wilson's warbler, left, and a Canada warbler. CONTRIBUTED

WILDLIFE

Saving migrant birds in town

Gavin Day still remembers the first dying bird he found on a Toronto sidewalk.

"I saw this bird that had clearly suffered some neurological damage from a building strike. I just held it while it quietly expired in my hands," he said.

Since 2012, Day has volunteered with the Fatal Light Awareness Program (FLAP), a Canadian organization that works to save migratory birds. The group was part of a successful push to require that new developments in Toronto include bird-collision deterrents.

During the migratory season, Day scours downtown Toronto with other volunteers for birds that have survived — or perished in — collisions with office towers.

"Getting close up to birds like that can be sad, but when you get a live one it's an incredible feeling," he said.

Birds that are stunned, but are otherwise healthy, are released, Day said. Those with more serious injuries are taken to the Toronto Wildlife Centre for rehabilitation.

The dead ones are put into zip-lock bags and used for other purposes, ranging from science to education.

Last week, Day found four live birds and nine dead in the financial district. On his busiest day ever, he and other volunteers found 40 birds, both alive and dead.

"It's a lot of early mornings, but it's very much worth it when you can help something that's in distress," he said. LUKE SIMCOE/METRO

TIPS

Gavin Day explains how to bird-proof your home:

- Leave your lights off at night if you're not using them. Migratory birds are often attracted to light.
- Keep kitty inside. According to Environment Canada, domestic cats are the biggest killer of birds.
- Treat your windows. A number of commercial window treatments are available to help deter bird collisions.

Self-starter's clothing line right out of Africa

ENTREPRENEURSHIP

Toronto-based Style Me Ankara gets kick-start from province

Gilbert Ngabo
Metro | Toronto

Priscilla Boateng can't wait for Saturday, when her clothing line, Style Me Ankara, officially launches.

"It's been four years in the making," said the 28-year-old Mississauga entrepreneur.

"My vision has always been to help others and I'm very excited to see this day happening."

The Toronto-based fashion brand sells handmade, ready-to-wear, African-inspired garments and accessories for men and women.

Most of the fabric is made and imported from Ghana, and Boateng works with skilled local tailors and artisans to create distinctive outfits with bold colours and textures.

Boateng was recently awarded a $5,000 grant from the Ontario Starter Company Program, the first to win the award that supports initiatives by young investors.

Born in Ghana, she moved to Canada with her family at the age of six. But she grew up with a passion for African styles and could not stop thinking about creating a link between that traditional elegance and trends from other western cultures.

Shoppers at Style Me Ankara are able to purchase a variety of garments that include dresses, tops or two-piece sets, she said.

The boutique also sells unique handbags, African jewelry and other accessories such as bow ties, waist belts, necklaces and bangles.

The process has been a learning experience for Boateng. She admits it's been tough and demanding, but also fulfilling at because it's a result of self-motivation, she said.

"No one is going to wake you up at four in the morning to write that email or project proposal for a grant," she said. "You have to find that in yourself."

LAUNCH

- There will be a silent auction at the launch of the clothing line Saturday, with proceeds going to support the Olive Branch for Children Charity.
- People who attend the official launch of the clothing line will have a chance to learn the Azonto dancing style, which is very popular in Ghana and the rest of West Africa.

Some of the outfits available at Style Me Ankara are shown in these images. CONTRIBUTED

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Kite fest draws hundreds

Gilbert Ngabo
Metro | Toronto

They fought to keep their kites high in the sky, as long as they could.

Hundreds of families filled part of a Kortright Centre for Conservation park in Woodbridge over the weekend, and had fun flying all sorts of kites. The kite festival was running for its 26th time, and saw former world-record-holder Richard Synergy grace the event. Synergy once flew a kite to an altitude of more than 4,000 metres.

Kite flier extraordinaire and director of the festival Gary Mark said many conditions have to come together for a successful kite flying adventure, but it's always satisfying to live the experience.

"I get to decorate the sky using nature," said Mark, who has flown kites for the past 20 years.

"It really does put smiles on people's faces and there's nothing better."

Many of the kites were purchased at dollar stores or Costco, but some were ordered online from countries as far away as China, costing around $50.

KITE FESTIVAL

Seasoned soarers and first-time flyers descended on Kortright Conservation Centre in Woodbridge both Saturday and Sunday for the Four Winds Kite Festival. The event included hikes, wildlife demonstrations and a make-your-own-kite station.

PHOTOS: LIZ BEDDALL/ METRO

BEST SPOTS

Places in Toronto that are appropriate for flying kites:

- Ajax Waterfront Park: there're a lot of fields without trees, and there aren't many organized sports activities around the area, Mark said.
- The St. Clair Reservoir.
- Centennial Park.
- Some parts of High Park and Christie Pits.

HOW TO FLY A KITE

Tips from an expert flier

Gary Mark's unofficial guide on how to successfully fly a kite:

- **Choose an appropriate kite:** Standard size is better for starters, and most of them are available at many stores for cheap prices. The bigger the size of a kite, the more wind is required to push it up, which can be hard.
- **Wind:** A great day to fly a kite is when the forecast calls for at least 15 km/h wind.
- **Space:** Look for open fields, with no tall trees around. Avoid power lines and airports, obviously.
- **Buddy partner:** It's much easier and a lot more fun when someone else is helping out. One can hold the ball of string while the other holds the kite and gives it a push up in the air.
- **Adapt:** As you unwind the string and slowly send the kite in the sky, pay attention to the wind direction. If it changes, find ways to adapt. Otherwise, the kite falls back down. The wind must be blowing from your back.
- **Have fun:** Once the kite is way up, see how fast you can get the flying line to a 45-degree angle. See how tall you can fly your kite. Keep the record of how long it stayed up. When it's finally coming down, see if you can pull it right in your hand before it touches the ground.

GILBERT NGABO/METRO

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Wi-Fi users trade privacy for access

WHY NO WI-FI?
A Metro special report

TECHNOLOGY

Private firms step in to fill wireless void

Luke Simcoe
Metro | Toronto

The lack of public Wi-Fi in Toronto means those in need of wireless Internet must trade their privacy for connectivity, experts say.

Back in 2006, the city began rolling out a publicly-owned Wi-Fi network downtown. The project fizzled a few years later, and subsequent attempts to add Wi-Fi to municipal spaces were met with resistance.

"I don't believe the City of Toronto should be investing substantial funds in providing free Wi-Fi in its public spaces. We have other priorities," said Coun. David Shiner.

In the absence of public Wi-Fi, private companies have stepped in to fill the void. For the cost of a latte, most Torontonians can access Wi-Fi at their closest coffee shop, or at chains like Starbucks, Pizza Pizza and Tim Hortons.

The problem with that arrangement, said University of Toronto privacy researcher Andrew Clement, is that we don't know what companies are doing with the information they collect from Wi-Fi users.

There are questions about what some companies are doing with that data, he said, and if they're collecting "more than what's absolutely necessary for their purposes. "

While it doesn't mention Wi-Fi, Starbucks Canada's privacy policy, for example, notes the company collects data about customers' web browsing habits and may share that data with other entities, including "analytics services."

Andrew Clement. CONTRIBUTED

As a result, Clement said it's not accurate to think about the Wi-Fi being offered up as "free." People are paying, he said, but instead of using cash they're exchanging personal information.

If Wi-Fi was offered by the municipality instead, Clement said it would be subject to greater privacy regulation and oversight.

"Many of the city's services are much more compliant with privacy law than the private sector," he said.

Privacy concerns aside, Christopher Parsons with the Citizen Lab at U of T said leaving Wi-Fi in the hands of businesses limits access. While a public Wi-Fi system would be open to all, not everyone can afford the price of admission — implied or otherwise — at places like coffee shops.

"For some people, stepping in and getting a latte for five dollars is fine, but for other people that five-dollar latte is an incredible extravagance," Parsons said. "They may not feel comfortable in that situation, or they may not feel welcome."

Customers at a Tim Hortons in Toronto take advantage of the store's free Wi-Fi access.
TORSTAR NEWS SERVICE FILE

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EXTREME SPORTS GRINDING TO PERFECTION Kisho Hagiwara, 13, practises his 5-O grind while his friend Thomas Panksep, also 13, records him with a GoPro camera at the Ashbridges Bay skateboard park. CHRIS SO/TORSTAR NEWS SERVICE

EDUCATION

Sex-ed stirs up parental protest

A group of Ontario parents is threatening to pull their kids out of school this week in protest of the province's new sex-education curriculum.

A Facebook group called "Parents & Students on strike: one week no school" is encouraging parents who oppose the 2015 sex-ed curriculum to keep their kids at home.

The group offers a letter template for parents to give their children's schools, which states the curriculum contains "age-inappropriate" content that does not align with the "principles and beliefs" of families.

Toronto District School Board spokeswoman Shari Schwartz-Maltz said it's difficult to determine how many families will participate in the protest until midday on Monday.

The letter also states that parents believe it is their responsibility to teach these values to their children, in addition to having complete control over when the topic is first introduced.

Premier Kathleen Wynne met privately last week with a group of parents who demanded she withdraw the curriculum. She said it will take effect in September as planned. THE CANADIAN PRESS

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GUIDANCE AND SUPPORT: KEY FACTORS

With a solid understanding of the challenges future property owners face, HolaEcuador took it upon themselves to simplify and demystify the process of acquiring a residence in the sun. After having visited Mexico, Costa Rica and Panama, company co-owner Gordon Poole chose Ecuador as the ideal location. The quality of the country's infrastructure, incredible biodiversity, low cost of living, beautiful landscapes, accessible and modern healthcare system and year-round mild climate were the decisive factors.

"Since 2010 we have helped hundreds of Canadians acquire a property on the Pacific coast of Ecuador", says M. Poole. "We are literally creating an entire seaside village. Of the 1,700 properties that we had available at the start of the project, only 600 remain unsold. And now with the majority of the site infrastructure completed, home construction is ramping up quickly."

Mr. and Mrs. Oulianov, from Ottawa, purchased their property in HolaEcuador's urban development. "The ability to sign a Canadian contract was reassuring for us", indicates Mrs. Oulianov. "Furthermore, the HolaEcuador representatives here in our area answered all of our questions and helped us throughout the entire purchase process. The whole experience was very positive!" The following comments were shared by Mrs. Finlay, who felt reassured by the progress of the construction of her house and the project in general: "What was promised, was delivered!

GOOD TIME TO INVEST

For now, Ecuador remains a relatively well-kept secret. Properties in Ecuador are much more affordable than in similar tourist destinations, which is one of the main reasons that Canadian travellers and investors are flocking to the region. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place" confirms Mr. Poole. "Further, the Ecuadorian government is very stable and the currency is the US dollar, which is also very reassuring for investors.", he adds.

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Bus offers health service for youth

This graffiti-laden RV is ready to hit the streets and serve youth in need of health services. CONTRIBUTED

CLINIC

Medical workers will be on board 39-foot RV

Jessica Smith Cross
Metro | Toronto

If you see a bunch of young people going in and out of a graffiti-covered RV in your neighbourhood, don't worry, they're not up to anything bad.

They're actually getting medical care.

"Imagine a 39-foot RV, but instead of the back being a bedroom, imagine a doctor's office," said Rebecca Shields, CEO of the Canadian Mental Health Association of York region.

The CMHA will officially roll out an RV today, called the MOBYSS (Mobile York South Simcoe). It will hit the road for the first time later this week, roaming York region and South Simcoe with a nurse practitioner and a youth mental health worker.

Also on board will be a young person, charged with helping medical professionals connect with patients 12 to 25 years old.

Much of the demand — about 40 per cent — is expected to be for mental health care, but the bus will also offer the same range of services available at walk-in clinics, including those linked to sexual health care.

"We can even do their annual check-up," Shields said.

The RV is designed to reach youth who aren't served well by traditional health care offered in a brick-and-mortar setting.

That could be because they have trouble getting around, or they have a medical issue they don't want to talk to their parents about.

"Wrapped in graffiti, this RV travels to where youth are at, like Seneca College and skate parks," Shields said.

The bus will have a regular schedule that's available online so the kids can find it, if it's not finding them.

The MOBYSS is the first mobile clinic of its kind in Ontario. Calgary has a similar bus on offer.

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The 'Raccoon Nation' dilemma

ANIMAL CONTROL

City officials try to tackle pesky problem

Toronto's former mayor has rubbed shoulders with accused drug dealers and faced police scrutiny without flinching, but even Rob Ford says he's scared to run into the city's most notorious residents: raccoons.

Ford, now a city councillor, described nerve-racking nighttime "standoffs" with the crafty critters last summer, urging officials to tackle what he called a severe raccoon problem.

His successor, Mayor John Tory, recently took up the war on so-called Raccoon Nation, unveiling new green bins meant to keep out the wily marauders and declaring that "defeat is not an option."

The masked animals have become somewhat of an obsession in the city some have dubbed the raccoon capital of the world. Photos of a raccoon that climbed 200 metres up a crane sparked a social-media frenzy last month. And debate over the creatures' nature — beloved urban fauna or pesky vermin — shows no sign of abating.

A criminal case involving a man who attacked a family of raccoons that destroyed his vegetable garden highlighted the city's love-hate relationship with its unofficial mascot, with equal numbers condemning and defending his actions. He eventually pleaded guilty and was sentenced to community service and a fine.

"I do think people (in Toronto) are pretty obsessed," said Suzanne MacDonald, a professor at York University who has studied the animals extensively.

> **I do think people (in Toronto) are pretty obsessed.**
> York University professor Suzanne MacDonald

"Because they live in our backyards, I think that makes them a bigger deal. In other cities, they may come into the backyards to forage or whatever ... but these animals are living with us in our houses and on our houses and trying to get into our houses, and I think they become much more of an issue."

MacDonald, who is conducting a survey on Torontonians' attitude towards raccoons, said so far results have been equally split.

"Some people, they tend to look in a raccoon's face and they project evil, like they're evil geniuses and they're doing this on purpose," while others see the creatures as something to be celebrated, she said.

It's hard to know exactly how many raccoons call Toronto home, and MacDonald said an often-cited number of 100 raccoons per square kilometre is outdated. Chicago has about as many, and Washington, D.C., is in the same ballpark, she said.

Food is the main draw, and once the animals are cut off from the city's green bins, their population is likely to drop, she said.

Still, "there will always be raccoons — they live here, and it's a great environment for them, and there's enough for them to eat in our backyards without the garbage," she said.

THE CANADIAN PRESS

Toronto residents seem to have a love-hate relationship with city-dwelling raccoons, according to a York university professor.

JEAN-CHRISTOPHE VERHAEGEN/AFP/GETTY IMAGES

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ALBERTA

Feds to seek stay of bail for Omar Khadr

The federal government is planning to seek an emergency stay of an Alberta judge's decision to grant former Guantanamo Bay prisoner Omar Khadr bail, The Canadian Press has learned.

The application, expected to be heard Tuesday before the province's Court of Appeal, would come just hours before another court hearing scheduled to decide on his release conditions.

"The Harper government is not interested in the rule of law," Dennis Edney, one of Khadr's lawyers, said in response.

"It refuses to listen to what the courts have said about Omar Khadr's rights. It continues to spend millions of taxpayers' dollars only to lose time and time again."

The government did not respond to requests for comment.

> **The Harper government is not interested in the rule of law.**
> Dennis Edney, lawyer for Omar Khadr

On April 24, Court of Queen's Bench Justice June Ross decided that Khadr, 28, should be released while he appeals his conviction for war crimes in the United States.

Ross made it clear — and government lawyers didn't object — that the Toronto-born Khadr has been a model prisoner who poses little risk to the public and should be allowed out. THE CANADIAN PRESS

OCT. 19

Byelections set for unusual day

Elections Canada has announced three federal byelections to fill vacant seats in the House of Commons — but the date set is the same for the next expected general federal election.

A statement by Elections Canada on Sunday afternoon said it issued three writs for a trio of Oct. 19 byelections to be held in the ridings of Ottawa West–Nepean, Peterborough and Sudbury.

Former foreign-affairs minister John Baird left Ottawa West–Nepean vacant with his resignation from Parliament in March.

Peterborough is vacant because former Conservative MP Dean Del Mastro was found guilty last fall of violating the Canada Elections Act.

Former New Democrat MP Glenn Thibeault resigned his Sudbury seat in January to join the Ontario Liberals.

Under electoral law, a byelection must be called within 180 days of the Chief Electoral Officer receiving notice of a vacant seat in the Commons.

In the case of Del Mastro's riding, that 180-day deadline was coming up on Wednesday. Del Mastro's seat was formally vacated on Nov. 7. The deadlines for byelection calls in Baird's and Thibeault's ridings are in September and July respectively.

A spokesperson for Elections Canada was not available Sunday. THE CANADIAN PRESS

Prime Minister Stephen Harper addresses the troops at Camp Patrice Vincent in Kuwait on Sunday. Chief of defence staff Gen. Tom Lawson said the death of a Canadian soldier in Iraq may have been due to fatigue of peshmerga fighters. THE CANADIAN PRESS

Fatigue likely factor in friendly fire: Lawson

MILITARY

Canadian soldier killed by Kurdish fighters in Iraq

Canadian special-forces trainers will likely be advised to stay away from the front in northern Iraq after major Kurdish operations, as it appears battle fatigue among peshmerga fighters was the likely cause of last month's friendly fire incident, the country's top military commander said Sunday.

Gen. Tom Lawson, the chief of defence staff, made the remarks following a speech by Prime Minister Stephen Harper at the fighter base in Kuwait, which launches many of the U.S.-led coalition's attacks on the Islamic State of Iraq and the Levant (ISIL).

Sgt. Andrew Doiron was gunned down accidentally on March 6, at night, near an observation post along the front lines west of Erbil, in northern Iraq. The Harper government hasn't been briefed on the contents of three separate investigations into the tragedy, but that will happen soon, possibly within a month, Lawson said.

Recommendations will also be made to prevent a repeat of the shooting, which has been described as a case of mistaken identity when the elite Canadian trainers stopped to check on an isolated Kurdish unit.

"What we have to mitigate is things like fatigue," Lawson said, suggesting that special forces would avoid areas where there had been recent battles.

When asked if the weariness among the under-trained fighters was a factor, the defence chief said: "I think we'll see the fatigue of the soldiers who were at the front, the peshmerga at the front, would have played a part."

The Kurdish forces had fought a series of pitched battles with extremists in the days leading up to the tragedy.

Canadian military officials, who were not authorized to speak publicly, suggested that visits to the front by trainers have ceased since the accident, which Lawson would not confirm.

Whether any peshmerga fighters face punishment is an open question. And in a sign of how far the force is willing to go to appease its new mentors, Lawson says local commanders have said that the Kurds' investigation will be based on the Canadian investigation. THE CANADIAN PRESS

TOUR ENDS

Harper left the Middle East Sunday for the 70th anniversary celebration of the end of the Second World War in the Netherlands. He faced persistent questions about Sgt. Doiron's death — something the prime minister said he hoped wouldn't detract from the peshmerga's reputation for halting ISIL in its tracks.

Don Briere, owner of 15 Weeds Glass & Gifts medical marijuana dispensaries, stands for a photograph outside one of his locations in downtown Vancouver on Friday.
DARRYL DYCK/THE CANADIAN PRESS

Marijuana sellers lack uniformity

HEALTH

No standard requirements for pot-buying documents

Don Briere stands behind the counter at Weeds Glass and Gifts in downtown Vancouver, surrounded by shelves of multicoloured pipes and clear boxes overflowing with fragrant B.C. bud.

The affable 63-year-old owns 10 stores, making him the owner of the city's largest marijuana business chain, even though selling pot over the counter remains illegal in Canada.

When asked how a customer would buy cannabis, Briere says all one needs is photo ID and proof of a medical condition that might be alleviated by pot — for example, a prescription for pain medication or a bottle of antidepressants.

While Briere insists a person needs a prescription to get marijuana, the same is not true at all dispensaries. Some will set customers up with a naturopath via Skype to make a diagnosis. Others insist on a note from a doctor. There are concerns that some don't ask for any proof at all.

The haphazard requirements are unlikely to change, since the regulations the City of Vancouver is proposing won't apply. So the question of who can buy pot from the stores appears to remain: It depends where you go.

"The city has no jurisdiction on regulating the selling of products — all we can do is regulate land use," explains Tobin Postma, a city spokesman.

The city hopes to create a new business licence category, charge a $30,000 fee, ban pot shops from certain areas and require them to be 300 metres away from schools, community centres and each other.

A staff report says the goal is to ensure public safety while providing necessary access to medical marijuana. Council referred the proposal to a public hearing, ignoring Ottawa's demands that it shut down the illegal stores.

> **"The city has no jurisdiction on regulating the selling of (marijuana) products.**
> Tobin Postma

Const. Brian Montague says Vancouver police use a priority-based approach to drugs that focuses on violent crimes. But cops will crack down on dispensaries if there are complaints involving youth or suspected links to organized crime.

Last week, police raided one of Briere's stores after a 15-year-old was allegedly hospitalized after consuming an edible product. Briere, who has been jailed twice for growing and selling pot, says he will fire staff found to have sold to youth.

THE CANADIAN PRESS

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ITALY

Coast guard rescues hundreds of migrants

Italy's Coast Guard and Navy, as well as tugs and other commercial vessels, joined forces to rescue migrants in at least 16 boats Sunday, saving hundreds of them and recovering 10 bodies off Libya's coast, as smugglers took advantage of calm seas to send packed vessels across the Mediterranean.

The Italian Coast Guard said the bodies were found in three separate rescue operations off Libya's coast. The Coast Guard was being aided by a tug and a merchant ship in at least some of the rescue efforts. In one of those rescues, a cargo ship found three migrants dead and 105 survivors on a dinghy in the waters north of Tripoli, Libya.

In yet another dramatic rescue, migrants aboard a motorized rubber dinghy that was deflating were spotted by an Italian Navy helicopter. Boats in distress were being spotted so quickly Sunday that in one case, a Navy vessel had just finished one rescue of 90 migrants when it immediately went to the aid of another migrant boat. One rescue involved 311 people, including 16 children.

Sunday's drama at sea came a day after 3,690 migrants were saved from smugglers' boats. Most of those migrants were still being taken to southern Italian ports even as the fresh rescues were taking place.

THE ASSOCIATED PRESS

TEXAS

Three shot near contest for Muhammad cartoon

Two armed men who opened fire on a security officer outside of a provocative contest for cartoon depictions of the Prophet Muhammad have been killed, authorities in the Dallas suburb of Garland said Sunday night.

The City of Garland said in a statement posted on its Facebook page Sunday night that two men drove up to the Curtis Culwell Center and began shooting at a security officer.

Garland Police Department officers engaged the gunmen, who were both shot and killed, the statement said.

The statement did not say whether the shooting was related to the event. The security officer's injuries were not life-threatening, the city said.

The gunmen's vehicle may have contained an "incendiary device," according to the statement. A bomb squad was on the scene and nearby businesses were evacuated.

THE ASSOCIATED PRESS

IN BRIEF

Baltimore mayor lifts citywide curfew

Six days after the death of Freddie Gray sparked riots in Baltimore, the city's mayor lifted a citywide curfew on Sunday morning, signalling an end to the extraordinary measures taken to ensure public safety amid an outcry over police practices. Protests since Monday's riots have been peaceful, and Friday's announcement of charges against six officers involved in Gray's arrest eased tensions.

THE ASSOCIATED PRESS

NIGERIA RESCUED WOMEN AND GIRLS REACH SAFETY A doctor examines a child rescued by Nigerian soldiers from Boko Haram extremists at a refugee camp in Yola, Nigeria, Sunday. A group of 275 women and children were the first to arrive at the refugee camp Saturday after a three-day journey to safety. They came from the Sambisa Forest, thought to be the last stronghold of the Islamic extremists, where the Nigerian military said it has rescued more than 677 girls and women and destroyed more than a dozen insurgent camps in the past week. THE ASSOCIATED PRESS

Nepalese villages pull together after quake

NEPAL

Many have stopped waiting for outside help

Knock-kneed children drag scavenged sleeping mats into tarpaulin tents. Grandmothers clear rocks from demolition sites once called homes. And prodigal sons who rushed home to comfort their mothers are building new structures to shelter them from the rain.

A week after the magnitude-7.8 earthquake hit Nepal near the central Gorkha district, people in many villages along the roads have stopped waiting for the government to bring help.

Their needs are vast, but Nepal is so short on relief supplies and the means to distribute them that officials are focusing on the farthest flung reaches of the remote Himalayas.

That leaves villages like Pokharidanda to fend for themselves. And so everyone who is able is pulling together and pitching in.

Occasionally, someone will show up with aid. A group of nurses, for instance, has set up a makeshift medical tent, where toddlers covered in bedbug bites and women with toothaches can find relief.

"It is very difficult to live here," said 25-year-old Namaya Shrestha, looking up at the tiny shelter she built from scraps of salvaged corrugated tin.

Lila Khanal, 48, was overwhelmed when her 23-year-old son, Damodar, returned home from his engineering job. Two days later, she was still grabbing hold of him, pressing him close in relieved embraces. He's been lobbying agencies for money to rebuild.

"There is no time to waste," he said. "In a few weeks, the monsoon rains will come. It will hail. These shelters will collapse." THE ASSOCIATED PRESS

UPDATES

Runway damage forced Nepalese authorities to close the main airport Sunday to large aircraft delivering aid to millions of people following the massive earthquake.

The death toll climbed to 7,250, including six foreigners and 45 Nepalese found over the weekend on a trekking route, said a government official. Nepal's Tourist Police reported that a total of 57 foreigners have been killed in the quake and 109 are still missing.

Parties prepare for coalition

U.K. ELECTION

Polls predict Conservative or Labour minority

With just a few days till Britain's May 7 election, leaders of the country's main political parties used the weekend to win over undecided voters in what is expected to be the most unpredictable election in decades.

Most opinion polls suggest that the ruling Conservatives and their main opponents, the Labour Party, are neck and neck, each hovering around the 30 to 35 per cent mark. If no party wins a majority, some form of coalition appears likely.

In a speech to activists, Cameron said he is the "only option" to avoid a power-sharing deal between Labour and the separatist Scottish National Party — a "calamity for our country," he warned.

Cameron and other party leaders set out their "red lines," or issues they say they wouldn't compromise on should they enter into a governing pact with another party.

The prime minister insisted that if his party wins power again, he wouldn't bargain away their insistence to hold an "in-out" referendum on Britain's European Union membership. Cameron has long said that he wanted Britons to decide whether they want to stay or leave the EU by the end of 2017.

"Come what may, I will not be PM of a government that does not deliver that referendum," he said.

He also appealed to supporters of two smaller parties, the U.K. Independence Party and the Liberal Democrats, to vote Conservative.

Meanwhile, Labour leader and aspiring prime minister Ed Miliband unveiled what election promises his party had carved in stone — literally.

Miliband showed off an eight foot tall limestone monument listing his key manifesto promises, including immigration control and higher living standards for working families.

"We will restore faith in politics by delivering what we promised at this general election," he said.

Cameron mocked the idea, calling it Miliband's "tombstone." THE ASSOCIATED PRESS

British Prime Minister David Cameron receives a kiss from a woman as he arrives Sunday to watch the Tour de Yorkshire cycle race during campaigning in the lead up to the parliamentary elections on May 7. JON SUPER/THE ASSOCIATED PRESS, POOL

> **A calamity for our country.**
> Prime Minister David Cameron, on the prospect of a Labour/SNP coalition

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Toronto grads' creation protects beer from sun

ENTREPRENEURSHIP

Trio turned to crowdfunding to get project off the ground

Ian Ritchie, left, and Alan Wood have created what could be a big hit on patios this summer: a glass that keeps beer from being tainted by the sun. COLIN MCCONNELL/TORSTAR NEWS SERVICE

The boys behind BRU-V are on a mission to save beer, one glass at a time.

You might spot the Toronto business and design graduates at beer festivals in Ontario this summer, touting amber pint glasses and wanting to chat about the science behind suds.

Their company, BRU-V, a Toronto startup, is selling UV-protected glasses to keep beer from turning skunky in the summer sun.

When beer is exposed to UV light, it triggers a photochemical reaction that creates 3MBT (3-methylbut-2-ene-1-thiol), a molecule that not only smells like a skunk's odour, but also changes the taste of beer almost instantaneously.

Drinking from UV-protected glasses means the beer tastes "just how the brewmaster designed it," BRU-V co-founder Alan Wood, 27, said.

Wood and his fellow business partners, childhood friend Michael Mavian, 27, and university mate Ian Ritchie, 30, found what they saw as a hole in the market for UV-protected beer glasses in the summer of 2011.

Fast forward four years, and their first shipment of glasses is on sale in bars and gift shops around Toronto. The trio will receive their second batch in July and plan to sell the glasses for $15 a pop at upcoming beer festivals, while educating drinkers for the patio season.

BRU-V launched a Kickstarter campaign last June, selling 2,000 UV-protected beer glasses worldwide and raising $36,000.

When they tried to find a manufacturer to make their product, they claim they were bullied out of the North American glassware market with threats that they would need upwards of $80,000 to break into the industry.

"They all said we would never get this done, but we were determined, so we turned to China," Wood said.

After lengthy negotiations with a Chinese manufacturer, they received their first full batch of glasses in February of this year.

The amber BRU-V glasses are hand-blown, with a thin bottom and a wide rim. Most important to the founders, they are truly pint sized.

"A lot of love goes into beer. A brewer protects it when they brew it, package it and ship it out, but it all falls apart as soon as you pour it into a clear glass and step outside," Wood said.

TORSTAR NEWS SERVICE

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metro VIEWS
Your essential daily news
Monday, May 4, 2015

#MYMETRO

Neal Leithead, Winnipeg

Where are you going?
Heading to breakfast with friends.
What are you up to today?
It's my day off, so I'm probably going to go for a bike ride later and take a nap.
What is your commuting routine?
I mostly drive during the week, but when I take the bus I always grab a copy of Metro Winnipeg to pass the time.
What place should someone new to the city visit?
In the summer I spend a lot of time at Assiniboine Park.
Correction: In last week's #MyMetro, the age of Heather Gautreau of Halifax was incorrectly published. She is 33. We apologize for the error.

Follow us on Instagram @metronewsca and show us your #MyMetro pose with a copy of our newspaper. We'll re-post you and feature a reader pic from across Canada in this spot every Monday.

The Gardiner debate is a battle of heads vs. hearts

TORY'S TORONTO
Matt Elliott

I found some shade from the sun this weekend under the eastern section of the Gardiner Expressway.

Beneath the hulking structure — only a little concerned about being crushed by falling debris — I joined about 100 people for a Jane's Walk with a Shakespearean title: "Gardiner Expressway: to be or not to be?"

We were there, basically, to think about whether they should tear the sucker down.

The debate over the future of the eastern Gardiner has very much become a head-versus-heart issue.

As the numbers tell it, the story is pretty simple. There are two remaining options on the table. Removing the elevated highway east of Jarvis Street and building a ground-level road is the cheaper choice, but will mean slightly longer commute times for drivers, as projected by traffic models versus the baseline.

The other option, dubbed the hybrid, costs more, but will be about two or three minutes faster for car commuters at peak times, as it preserves an uninterrupted link between the Gardiner and the Don Valley Parkway.

And so the fundamental question looks like this: Is saving the three per cent of commuters — the proportion who use this part of the Gardiner — two or three minutes on their morning commute worth an extra $88 million in upfront capital costs and $370 million in life-cycle maintenance costs?

The head says no, emphatically so. There are better places to spend that combined half-billion dollars, whether it's affordable housing or transit.

But, at least for a lot of people, the heart disagrees. It rejects the traffic models, going instead with an intuitive feeling that says removing any part of the Gardiner would have serious congestion impacts. Mostly the heart just feels like the city is hard enough to get around as it is — should we really be doing something that makes it worse?

I heard some of those "heart" arguments as the group weaved its way past cracked concrete pillars, rust-stained steel girders and abandoned railway tracks. I also heard some people using their heads to make arguments for removal.

For me, the most striking moment came when we passed by the Keating Channel, just east of Cherry Street. It's currently almost invisible next to the pillars of the highway. There's a ton of opportunity here, but only if the highway comes down.

An urbanist could look at this and see waterfront cafés and pedestrian promenades. A capitalist could look at it and see big dollar signs.

Either way: big potential. Transformative potential.

But that potential won't be realized if this decision is made too quickly, and certainly not if analysis and modelling gives way to fears of traffic chaos. If there ever was a decision that deserved thorough consideration — governed by our heads and not our hearts — this is it.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

ROSEMARY WESTWOOD

metroview

Beyond 'boyfriend': Why it's so hard to label the one you love

I hate the word boyfriend.

It's juvenile. Flippant. It makes me feel 12 years old again. I wouldn't go back there if you offered me a first-class ticket. (And I've never even flown first class.)

For someone who's in love at (almost) 30, boyfriend is a throwback to the boy who gave me a plastic bracelet in Grade 5, the two-week beau in junior high and, later, a nine-year string of monogamous relationships.

Then, there were the six years of dating — hands-down the most linguistically rich of relationship years.

In our anxiety not to put the boyfriend/girlfriend label on every person we grab a drink or a romp in bed with, people in their 20s have devised a dizzying and enviable array of terms for what they're getting up to.

Slampiece. Fling. One and done. Bar hookup. Friends with benefits, f--k buddy, booty call, one-night stand.

Sex and relationship researcher Jocelyn Wentland has found 17 common terms like these. What sounds like cheap slang is actually a sophisticated code, she discovered. Her research shows most people agree on the nuances between friends with benefits, for example, and booty call.

The labels are important ways for people to understand the relationships they're in, she argues; an elaborate language to reflect the messiness of dating life.

"People are out there fumbling around in the dark," she told me.

The linguistic fun stops when people get committed (bae — short for babe — holds zero creativity). That's despite the fact that the messiness doesn't go away, though it may become more of a private matter.

I've been through that dating quagmire. I've grown, and I've found what I want. Depressingly, it comes with the same term it had when I was in training bras. And there are no good alternatives.

Hubby sounds like a stuffed toy. Partner is too vague, too politically correct, too businesslike. Significant other has far too many syllables. "My man" sounds like I'm a character in Show Boat (though in private, I'll admit, I say it to him).

The labels don't bother C., the man for whom I can't find the right words.

"You don't like the term, 'The human being I'm currently sharing my life with?'" he joked when I told him he's not my boyfriend. Finding the right label is only part of our "pitiful attempt to understand these deep things," he said. Even so, as we chatted, he came around to the right diction, despite himself.

"My love is the only word," he said. "Everything else is just dressing."

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Your essential daily news

Fabulous fashion will once again take a twirl on the red carpet at tonight's Met Ball

After college, McHale is a standup kind of guy

GETTY IMAGES

COMEDY

Community star Joel McHale takes his snark for a solo spin

Jennifer Friesen
Metro | Calgary

Fresh out of the gate after filming the final season of Community, Joel McHale is making his way through the prairies for a solo standup comedy tour.

Despite being most well-known for his role as a college study group's devilishly suave ringleader in Community, McHale has been around the comedy scene for years.

He joined The Soup as host in 2004, doling out a pop-culture recap for the week, but with a comic spin.

When asked about his first foray into standup nine years ago, McHale laughed and said he was "a terrible comic."

He started off hosting comedy shows, dropping a few jokes in between his friend's sets, but after about six months, he had enough for his own set and took up his first time slot in Santa Monica.

"Standup is a completely different beast," he said. "It's very fun and exhilarating, sometimes terrifying and demoralizing, and sometimes incredibly rewarding."

Ever since Community ended, McHale said he's been out every week flexing his standup muscles at different clubs.

Now, after two months of gearing up, he said he's ready to fly back into the game headfirst.

"It's like getting ready for a season of some sport, where you have to work at it and get into shape," he said.

Standup is a completely different beast. It's very fun and exhilarating, sometimes terrifying and demoralizing, and sometimes incredibly rewarding. Joel McHale

But despite any lingering nerves, the comedian said after hosting the White House Correspondents' dinner last year, he doesn't know if he'll ever really be nervous again.

"I mean, after that, I feel like I could disarm a bomb," he laughed. "I don't know if I'd say I get nervous, I do get very excited."

McHale is known for his witty straight-faced snark while picking apart the latest endeavours in pop culture. He said parents told him he was always trying to get a laugh when he was young, but he said that the roots of his sense of humour come from a place of "fear and panic."

"I wanted to be an actor very early on in my life," he said. "And I kept thinking 'I'm going to do this until I have to get a real job.' And I've had to get real jobs here and there when I was growing up, and when I was in my 20s, but I've been insanely blessed that I get to work in the field that I work in. I get to do what I love."

EVER GREENDALE

Spirit of cult series lives on

As far as future plans go, McHale said there are no plans for Season 7 of Community, but the possibility of the show making a comeback and "talk of a movie," are still lingering.

"I know Yahoo wants to do it, and I would love to do it, so we'll see," he said.

The cast of Community.

TOUR STOPS

Two Canadian shows

McHale will take the stage in Calgary on May 8 at the Southern Alberta Jubilee Auditorium before finishing up the trip in Winnipeg on May 9, performing at the Burton Cummings Theatre.

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GETTY IMAGES

NEWBORN PRINCESS

What will the royal couple name their latest addition?

Princess Charlotte has a certain ring to it. Or how about Princess Alice?

Britain's newborn princess, the second child of Prince William and the Duchess of Cambridge, has spent her first night at home in London's Kensington Palace, but the guessing game continued Sunday over what her name will be.

When the baby's older brother, Prince George, was born in 2013, the royal couple took two days to reveal his name, waiting until after Queen Elizabeth II had met her new great-grandson.

Meanwhile, Britain's legal bookmakers have been busy taking in thousands of bets for the baby's name. For weeks, they have been saying that Alice is the clear favourite. But in recent days Charlotte, the feminine form of Charles, has become the frontrunner.

Other top possibilities included Olivia, Victoria, Elizabeth, Alexandra and Diana, the name of William's late mother.

The newborn may herald a new generation in the monarchy, but it is customary for royals to look to their past for name ideas. The repetition of names in each generation is at least partly an effort to preserve the continuity of one of the world's oldest institutions.

THE ASSOCIATED PRESS

GUESSING GAME

Ned Ehrbar
In Hollywood

Let's make up names!

We're living in that glorious heady and fleeting time the little princess could be called anything. And you know what that means: Time for some baseless speculation! Sure, the odds-makers over in Great Britain are heavily favouring either Charlotte or Alice, and a lot of sentimental folks are hoping for Diana, but we have some suggestions of our own for Will and Kate to consider. We hereby theoretically dub the latest addition to the royal family Princess ...

1. Beyoncé
2. Daenerys
3. Kate Jr.
4. Claire the Spare
5. Camilla
6. George
7. Princess
8. No, really, Daenerys
9. #RoyalBaby
10. Ultron

OK, fine. What do you think the new princess should be named?

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The downward spiral of debt

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Stop spending money you haven't earned yet.

When you charge something on your credit card and don't pay your balance off in full at the end of the month, you're spending money you haven't earned yet. And it's only a matter of time before all those minimum payments end up squeezing your cash flow.

You can't afford to pay cash for that couch or vacation now, but you'll be able to at some future date? Gosh, how can you be so sure your future will bring more money to let you cope with your bills and the spending you did in previous months or years?

Canadians are carrying record levels of debt on our lines of credit, our credit cards, and loans. Why? Simple: We've forgotten how to live within our means. We're ricocheting out of control, spending money we've yet to earn. We're buying stuff we think we need, when all we're doing, really, is scratching our consumer itch.

Know the red flags

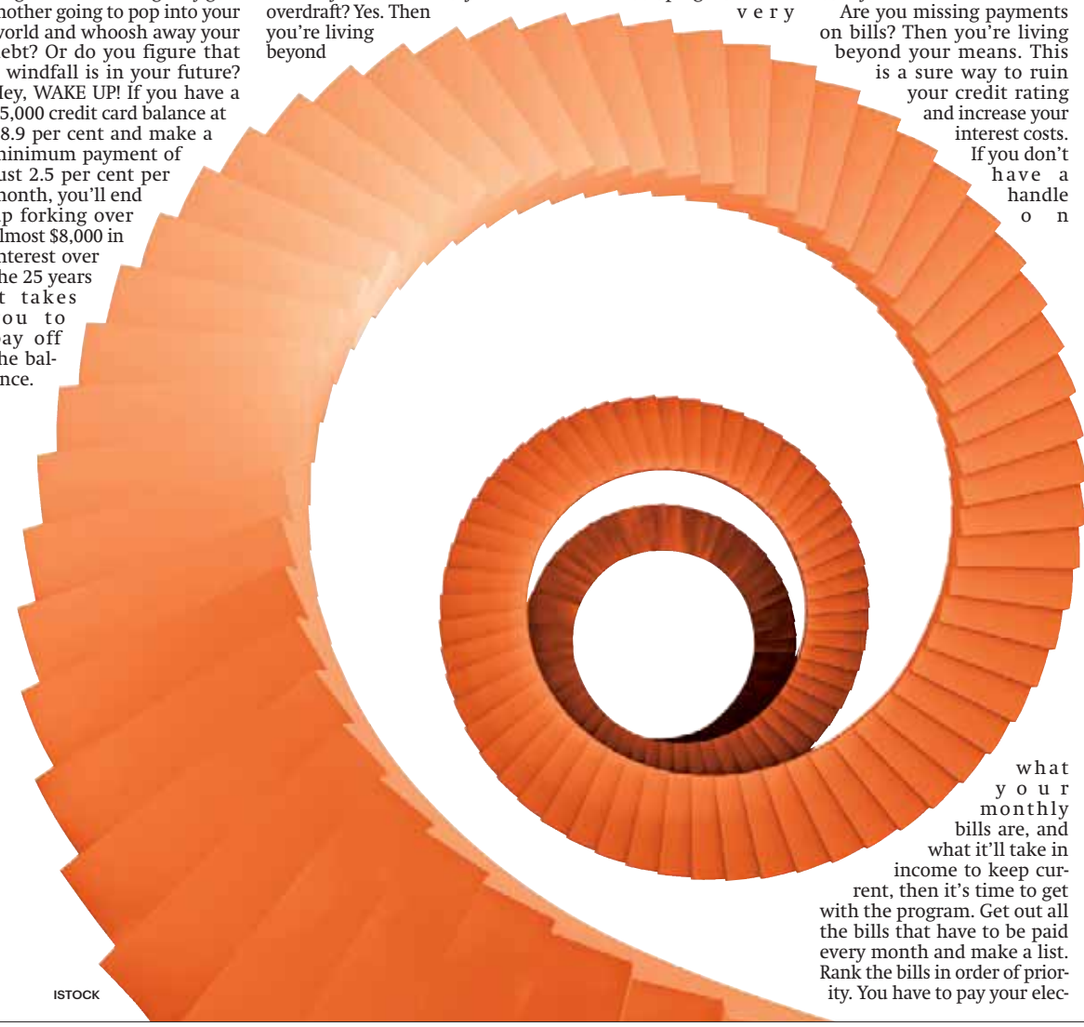
The fact that we can't seem to get to the end of the month before we get to the end of the money should be our first clue.

Are the balances on your credit cards or lines of credit rising? Yes. Then you're living beyond your means. Paying only the minimum on your credit cards or lines of credit while you continue to increase the balance you owe is a sure sign you're on a downward spiral.

When, exactly, are you going to have the money to finally get rid of the debt? Is some magical wand-waving fairy godmother going to pop into your world and whoosh away your debt? Or do you figure that a windfall is in your future? Hey, WAKE UP! If you have a $5,000 credit card balance at 18.9 per cent and make a minimum payment of just 2.5 per cent per month, you'll end up forking over almost $8,000 in interest over the 25 years it takes you to pay off the balance.

Are your cards maxed out leaving you worried that they're going to get declined? Then you're living beyond your means. You don't think being in debt is worse than the embarrassment you'll suffer? Good lord, wake up!

Are you constantly in overdraft? Yes. Then you're living beyond your means. Overdraft protection is meant to provide you with a safety net in case something goes wrong. It's not meant as money you have to spend every month. If you dip into overdraft for more than two days a month, you're developing a bad, and very costly, habit.



ISTOCK

> **Overdraft protection is meant to provide you with a safety net in case something goes wrong. It's not meant as money you have to spend every month.**

Are you missing payments on bills? Then you're living beyond your means. This is a sure way to ruin your credit rating and increase your interest costs. If you don't have a handle on what your monthly bills are, and what it'll take in income to keep current, then it's time to get with the program. Get out all the bills that have to be paid every month and make a list. Rank the bills in order of priority. You have to pay your electricity bill, but you don't have to have premium cable (or any cable for that matter.) Okay, now deduct your have-to-pay amounts from your monthly income in order of importance. When you run out of money, cancel everything else.

Are you borrowing money from family and friends? Then you're living beyond your means. Seriously, what makes you think you have the right to spend all of your money, and then start spending the money other people have worked hard to make? Grow up!

Are you taking cash advances on your credit cards or using services like pay-advance stores? Yes. Then you're living beyond your means. Cash advances, applying for new cards so you can transfer balances and heading to a pay-advance store are all signs that you're in big trouble.

Change your mindset

I know you've found it easy to get credit. Lenders have been throwing credit at us for years and it's been so easy to say yes. I know it's nice to have what you want when you want it. I know everyone else is using credit like it's disposable income.

But just because all the people you know are walking along the edge of a precipice doesn't mean you should follow them. If you've been walking in lockstep with a bunch of fools who can't control their spending to the point that they put themselves and their families at risk, then it's time to change your pace, and maybe the company you keep.

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TECH

Copyright litigation sinks Grooveshark

Grooveshark, an early leader in music streaming that enraged major labels by letting users upload copyrighted songs, abruptly shut down late Thursday after years of litigation.

Amid the rapid growth of streaming services such as Spotify that co-operate with the music industry, Grooveshark's website went dark as the company avoided potential penalties in the hundreds of millions of dollars.

Grooveshark, which claimed 30 million monthly users, said in a message on the site that it had reached a settlement with record label conglomerates to cease operations and hand over copyrighted song files.

AFP

2006

The year Grooveshark was founded, by three students at the University of Florida as one of the first sites allowing users to listen to free music on-demand.

BOLSHOI BALLERINA

Maya Plisetskaya, seen here dancing in 2005. GETTY IMAGES

Legendary ballerina dies

Maya Plisetskaya, regarded as one of the greatest ballerinas of the 20th century and whose career at the Bolshoi Theatre spanned more than 35 years, has died of a heart attack in Germany at age 89. During 50 years as a performer, she captivated audiences with the purity of her performances and her dazzling looks.

THE ASSOCIATED PRESS

Tributes pour in for well-loved tech CEO

IN MEMORIAM

Husband of Lean In author Sheryl Sandberg died suddenly on vacation

David Goldberg, a popular Silicon Valley executive and husband of Facebook second-in-command and Lean In author Sheryl Sandberg, has died suddenly at age 47, his company and family members said Saturday.

Goldberg was CEO of online survey questionnaire provider SurveyMonkey. He died Friday night, the company said in a statement on its website.

Neither the company nor family released a cause or other details about his death. Facebook founder and CEO Mark Zuckerberg told The New York Times that Goldberg died while he was on vacation abroad with his wife.

"Dave Goldberg was an amazing person, and I am glad I got to know him," Zuckerberg wrote on his Facebook page. "My thoughts and prayers are with Sheryl and her family."

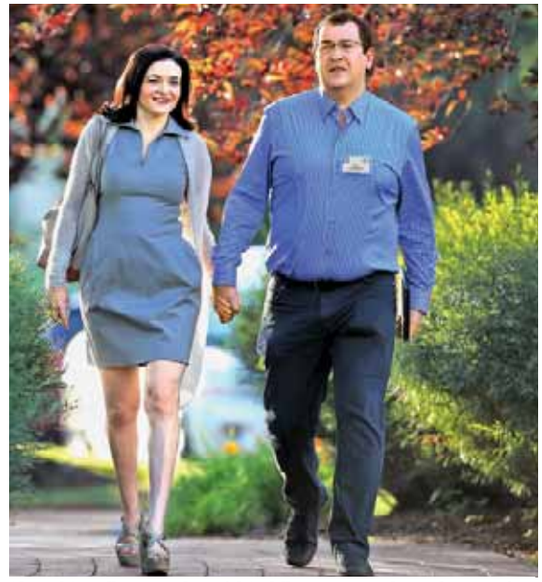
In 2004, Goldberg married Sandberg, another longtime tech executive who now serves as Facebook's chief operating officer.

Sandberg launched an international conversation about the dearth of women in positions of power with her 2011 book Lean In.

Adam Lashinsky, Fortune writer and author of Inside Apple, wrote in an obit "you just don't meet many people who are talented, successful, bright, kind, humble, and universally admired and liked."

Goldberg's brother asked on Facebook for friends and families to post their memories on David Goldberg's Facebook page. Tributes rolled in from people who wrote of meeting him during his long tech career.

THE ASSOCIATED PRESS



Sheryl Sandberg and David Goldberg at a tech conference in Idaho last year. GETTY IMAGES

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How to survive an open-concept office

COPING MECHANISMS

There's pitfalls to having no walls, but you needn't suffer

OFFICE RELATIONS

Eleni Deacon

English striker Daniel Sturridge arrives for a soccer match wearing his headphones. Whether you're working out or in a busy office, noise-cancelling headphones are the best way to block out distractions. PAUL ELLIS/AFP/GETTY IMAGES

Open-concept veterans know the pluses of the no-partition workplace: more collaboration with colleagues, a more level playing field with your boss, more friendly vibes overall.

But there are pitfalls to an office with no walls.

With no way to isolate your desk from the rest, the nonstop hubbub can take a hefty chunk out of your productivity. Here's how to stay on task amid the day-to-day chaos.

Regardless of your field or employer, all open-plan workspaces share an unavoidable trait: They're noisy. Someone, without fail, will have a room-filling phone voice. Computers will ping and bleep. And the chatter — whether about work or what happened last weekend — will be more or less constant. You can't stop the noise, but you can stop yourself from losing focus.

Headphones are a must. Not $7 earbuds — proper noise-cancellers that can muffle the surrounding clatter.

If music is too distracting, try white noise: There are plenty of apps that will help you get stuff done to the soothing sounds of TV static or pouring rain.

For projects that require silence and space, try a brief sneak-off to an unoccupied meeting room. A little distance — both from your regular view and other humans — might be a quick way to get things tackled.

Because another common open-concept complaint is the lack of privacy.

This one is trickier to resolve. While some workers thrive in the presence of colleagues, others get claustrophobic without an escape from other faces. If you count yourself among the latter group, make sure to clear your head throughout the day. Go for a walk or eat lunch solo — whatever will keep your mood up and your mind nimble.

One of the main goals of open-plan spaces is increased communication, so don't hesitate to communicate your own needs.

If loud conversations are cramping your efficiency, politely ask your colleagues to keep it down. If your desk mate's space is a graveyard for takeout wrappers, it's not out of line to gently ask him to tidy his mess.

A key danger of open-concept offices is not necessarily the frustration that will inevitably percolate, but the passive aggression and resentment that can fester if it's not addressed. Speak your mind before hating everyone for speaking too much.

And on that note, check your own conduct. It's one thing to be irked by your neighbours' excessive noise. It's another to be irked but still excessively noisy yourself.

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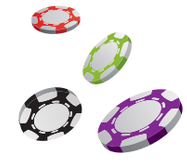

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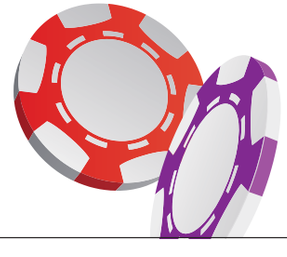

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Mental health talk opening up

LET'S TALK

Change happening, but we still have a ways to go

JEN TRAPLIN
For Metro

After years of working to decrease stigma, it seems we may finally be making some headway when it comes to opening up the discussion on mental health.

"I think there's been something of a sea change in Canada and internationally over the last few years, in terms of the conversations that we have around mental health," said Dr. Erin Michalek, associate professor in the department of psychiatry at the University of British Columbia.

While some mental illnesses, like depression, seem to be very much on the public agenda, she feels other conditions, like bipolarity and schizophrenia, are still taboo, meaning many could be suffering in silence

"If we live in a society, work in a workplace or go to school where mental health conditions are highly stigmatized, people experiencing that are less likely to disclose a diagnosis and one of the consequences of that is they aren't able to get the support," Michalek said.

Dr. Simon Davidson, a child and youth psychiatrist and professor at the University of Ottawa, agrees with Michalek that Canadians are making good progress in destigmatizing mental illness, but that the fight is far from over.

"I do think youth in schools are more likely to feel comfortable talking about mental health," he said. "On the other hand, it just takes one bully and all kinds of re-stigmatization can happen so we still have a long way to go."

Perception is just part of the problem. Davidson said the country is drastically under-resourced when it comes to treating mental health, particularly with children and youth.

"When you compare Stats Canada data, a little more than three times as many children and youth in the 15 to 24 age range die by suicide than all forms of cancer combined," he said. "If you look at how quickly newly diagnosed cases of cancer get treatment and you compare that to how long the access times are for treatment of mental illness, we can only hope that, in the future, our kids with mental illness get intervention and treatment as quickly as those kids diagnosed with cancer."

CHANGE PERCEPTION

Addressing mental health in Canada

In 2007, the federal government created the Mental Health Commission of Canada (MHCC), whose mandate is to change perceptions of mental illness. The MHCC employs a number of initiatives, including the country's first mental health strategy and working to reduce stigma. For more information on the MHCC, visit mentalhealthcommission.ca.

While the conversation is changing across the country, more needs to be done to remove the stigma regarding mental health. SHUTTERSTOCK

Social media driving the conversation

JEN TRAPLIN
For Metro

When it comes to breaking down the barriers of discussing mental health, few platforms have been as successful as social media — hashtags like #sicknotweak, #endthestigma and #defeatdepression help fuel the conversation.

One of the most successful online campaigns, though, is Bell Let's Talk Day, which raised more than $6.1 million this past January.

For every tweet that included the hashtag #BellLetsTalk (as well as phone calls and text messages sent), the company donated five cents to Canadian mental health programs. More importantly, though, it engaged millions to publicly discuss mental illness.

"Social media allows unlimited reach and contact," said Michael Landsberg, host of TSN's Off The Record and spokesperson for Bell Let's Talk. "I have had interactions with strangers on the deepest level. I have given and taken. I believe social media has given me the chance to become a better person through having access to those in need."

Michael Landsberg. THE CANADIAN PRESS FILE PHOTO

A few years ago, Landsberg started using the hashtag #sicknotweak in his posts on Twitter, a phrase he often includes in his public speaking engagements. Online, he openly discusses his own battle with depression while encouraging others to reach out for help.

"I began to realize the enormous power that I have to change people's lives," he said. "But I am not unique — anyone with the desire to share can do what I do. Sharing saves lives, it's that simple."

CMHA'S 64TH ANNUAL MENTAL HEALTH WEEK MAY 4-10, 2015

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Lindsey Vonn announced on Facebook that she and Tiger Woods have broken up

Jays blow big lead to Tribe

MLB

Blue birds lose finale in Cleveland, end road trip 3-7

A difficult road trip for the Toronto Blue Jays ended with a disappointing loss Sunday.

Jason Kipnis had four hits, including a solo homer, and drove in a pair of runs as the Cleveland Indians rallied from a five-run deficit to beat the Blue Jays 10-7.

Rookie second baseman Devon Travis belted a grand slam in the top of the fourth, when Toronto scored six times off Indians right-hander Trevor Bauer to take a 6-1 lead.

Cleveland answered with nine straight runs, sending Blue Jays starter Drew Hutchison to an early exit and Toronto home with a 3-7 mark on its longest scheduled trip of the season.

"You'd like to chalk this up as one of those wacky baseball days, but it's been happening way too often," Blue Jays manager John Gibbons said. "It's very deflating having a 6-1 lead and losing — that's pretty obvious — but it's a big man's sport. We've got to iron some stuff out and get better."

Hutchison allowed six runs and eight hits in a season low-tying 4-1/3 innings. The right-hander has failed to make it into the sixth in four of his six starts, costing himself three potential wins by not pitching the required five innings.

"I continue to hurt our bullpen by not going enough innings, which is unacceptable," said Hutchison, who is 2-0 with a 7.47 ERA. "The offence once again gave me some runs, but I need to pitch better. I need to go out there and get the job done, and not kill our bullpen, too."

Jeff Francis (1-1) was charged with the loss after allowing a two-run, pinch-hit double to Ryan Raburn in the fifth.

Catcher Russell Martin hit a solo homer in the ninth off Indians closer Cody Allen.

THE ASSOCIATED PRESS

SUNDAY In Cleveland

INDIANS	BLUE JAYS
10	7

The Indians' Jose Ramirez scores ahead of a tag from Blue Jays catcher Russell Martin on Sunday in Cleveland.
JASON MILLER/GETTY IMAGES

IN BRIEF

Stamkos off the schneid as Bolts take 2-0 lead

Steven Stamkos scored his first goal of the playoffs as the Tampa Bay Lightning downed the Montreal Canadiens 6-2 on Sunday in Game 2 of their second-round series.

The Lightning now lead the best-of-seven matchup 2-0. Game 3 goes Wednesday in Tampa Bay.

Nikita Kucherov had a pair of goals for the Lightning while Valtteri Filppula, J.T. Brown and Victor Hedman added the others. Ben Bishop made 27 saves for the win.

Jeff Petry and Tom Gilbert found the back of the net for the Canadiens.

THE CANADIAN PRESS

The Lightning's Ondrej Palat, left, and the Canadiens' Jacob De La Rose battle for the puck on Sunday. GETTY IMAGES

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Chelsea players celebrate on Sunday at Stamford Bridge in London. CLIVE MASON/GETTY IMAGES

PREMIER LEAGUE

Chelsea formally clinches fifth title

The five-year drought is over. Chelsea is Premier League champion again — with three games to spare.

Chelsea's players danced around the field after securing the title with a 1-0 win over Crystal Palace on Sunday that encapsulated the recent cautious pragmatism of Jose Mourinho's team.

"Today was not a game to enjoy," Mourinho said. "Today was the game to finish the job."

But it was a trophy that was really won early in the season with Chelsea having been atop the standings from Week 1. With only two losses in 35 games, Chelsea was rarely troubled in its pursuit of a fourth league title in 11 seasons — and the fifth in its 110-year history.

THE ASSOCIATED PRESS

Wizards happily take hard road

NBA PLAYOFFS

Washington's post-season record remains unblemished

After resting up for the past week, the Washington Wizards merely had to withstand Atlanta's early pace.

Once the Hawks ran out of gas, Bradley Beal and the Wizards took control.

Just call them the road warriors.

Beal shook off a sprained ankle to score 28 points and streaking Washington remained unbeaten in the post-season, knocking off top-seeded Atlanta 104-98 Sunday in Game 1 of the Eastern Conference semifinals.

It was another gritty performance by the Wizards, who improved to 8-1 on the road in the playoffs over the past two post-seasons, including 3-0 this year. They became the first team in NBA history to win four straight Game 1s on the road.

"Just withstanding adversity," said John Wall, who had 18 points and 13 assists. "We know they're going to come out and give us a punch right away."

Taking advantage of a week off since their sweep of Toronto, the Wizards wore down the Hawks in the fourth quarter. Otto Porter scored a couple of big baskets coming down the stretch, including a three-pointer, and Marcin Gortat sealed it with a lay-in off a pass from Wall with 14.6 seconds remaining.

In addition to tying his career playoff high with 28 points, Bradley Beal grabbed seven rebounds and held Atlanta long-range specialist Kyle Korver to 3 of 11 shooting from beyond the arc. KEVIN C. COX/GETTY IMAGES

IN OAKLAND

Stephen Curry had 22 points and seven assists, and the Golden State Warriors wore down the undermanned Memphis Grizzlies in a 101-86 victory in Game 1 of the Western Conference semifinals Sunday.

"We kept talking about it's a long game," Washington coach Randy Wittman said. "We got better and better and better."

The Hawks needed six games to beat eight-seeded Brooklyn and had to open this best-of-seven series with about a 36-hour turnaround. After racing to a 37-26 lead after the first quarter, Atlanta couldn't make anything in the fourth.

Even with plenty of good looks, the Hawks hit only 5 of 28 (17.9 per cent) in the final period, including 1 of 10 from beyond the three-point arc.

Game 2 is Tuesday night in Atlanta. THE ASSOCIATED PRESS

IN BRIEF

Hall leads way in Canada's drubbing of Germany

Taylor Hall and his Canadian teammates are getting used to the bigger ice at the world championship in Prague.

What they could do when they're totally comfortable is scary.

Hall had a hat trick to lead Canada in a 10-0 rout of Germany on Sunday, keeping the Canadians atop Group A. Cody Eakin had a pair of goals for Canada (2-0), while Aaron Ekblad, Claude Giroux, Tyler Ennis, Sidney Crosby and Matt Duchene also scored.

THE CANADIAN PRESS

I don't even watch boxing. At one particular time I loved the sport of boxing.... But I just lost the love for the sport.

Floyd Mayweather who may collect over $200 million for Saturday night's win over Manny Pacquiao. Mayweather says he'll fight once more in September, then hang up the gloves.

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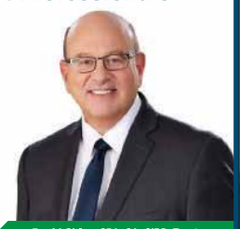
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RECIPE Thai Red Curry Chicken Stir Fry

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Ready in
Prep time: 15 minutes
Bake time: 12 minutes
Serving size: 4

Ingredients
- 1 lb boneless chicken breast or thigh, cut into 1-inch cubes
- 3 Tbsp all-purpose flour
- 2 tsp vegetable oil
- 2 Tbsp red curry paste
- 1 Tbsp minced ginger
- 1½ tsp minced garlic
- 1 can light coconut milk
- 1 tsp brown sugar
- 1 Tbsp fish or light soy sauce
- 2 cup sliced red bell pepper
- 2 cups snow peas cut in half
- 3 Tbsp chopped cilantro
- ¼ cup toasted chopped cashews (optional)
- 3 cups cooked rice or noodles (optional)

Directions

1. Dust chicken with flour. In large skillet sprayed with vegetable oil, sauté chicken just until browned on the outside, about 3 minutes. Do not cook through. Set chicken aside. Wipe out skillet and add oil.

2. Add curry paste, ginger and garlic and sauté for 2 minutes. Add coconut milk and bring to a simmer on a medium heat. Add sugar, fish sauce and chicken and simmer for 5 minutes or until meat is cooked and sauce has thickened.

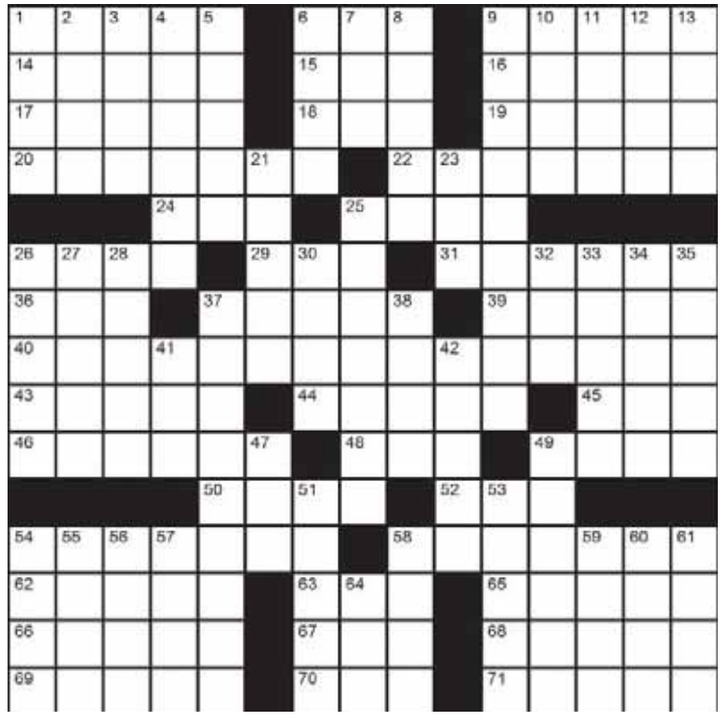
3. Meanwhile in skillet sprayed with vegetable oil, sauté red pepper and snow peas for two minutes just until barely cooked. Add to chicken mixture. Sprinkle with cilantro and nuts if using and serve over top rice or noodles, if using.

Nutritional information per serving
- Calories 273
- Carbohydrates 7.8 g
- Fibre 2.6 g
- Protein 25.1 g
- Fat 10.5 g
- Saturated fat 4.8 g
- Cholesterol 62.6 mg
- Sodium 633 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Capture
6. Rainbow shape
9. Essential parts
14. Having a single element
15. Casper's cry!
16. "Bon voyage!"
17. Barber's razor-sharpener
18. Frigid
19. Relating to a forearm bone
20. #9-Down's co-star Gordon
22. Implement for Emily Carr
24. Victoria's Secret purchase
25. "Song __ Blue" by Neil Diamond
26. Out
29. Hound's healer
31. __ clef
36. Uncooked
37. Persian Gulf land
39. Nebraska city
40. Product by Canadian brand Lantic: 2 wds.
43. Bring together
44. Type of headache
45. Ballpark fig.
46. Synchro swimmer of the silver screen Ms. Williams
48. Poet's creation
49. Dull
50. Tandoor-baked creation
52. Boot bit
54. Lord's land on the manor
58. Underwater earthquake result
62. Spew
63. Plunder
65. Penned
66. Art gallery print, briefly
67. First name in music lyrics
68. Matt Lauer's morning show
69. Admit passengers: 2 wds.
70. Make a typo
71. Fishhook line

DOWN
1. Canine tooth part
2. __-inflammatory
3. Mountain lake
4. NHL-er Sidney from Nova Scotia
5. Overly active
6. Slightly: 2 wds.
7. Mythical bird
8. Large rodent of South America that looks like a beaver
9. Calgary-born actor: 2 wds. ...see #49-Down for more!
10. Loafing
11. Salon shade
12. Put in the microwave
13. Positive
21. Pertaining to military ships
23. Carpenter __
25. Toronto's Union __
26. Fight
27. Notifies of danger
28. Expect
30. Airport scr. postings
32. Australian bird
33. Montreal-style __
34. Dog, with Apso
35. Soil
37. Town in southern Ontario near Niagara Falls
38. Divide
41. To the __ degree
42. Vocals-for-two
47. Campaigned
49. Constable __ Fraser (#9-Down's role on "Due South")
51. Cliff nest, variantly
53. Dethrones
54. Big name in computing
55. Famous lake
56. Shania Twain's ex Mr. Lange
57. Canyon sound
58. Ski resort ride
59. __-de-camp
60. Dish
61. Pastoral poem, variantly
64. A famous Bobby

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't worry about today's full moon – if you think positive then all will be well. But be ready for one or two emotional outbursts from people who get easily frustrated with life's little setbacks.

Taurus April 21 - May 21
Strive to be nice to people today, even if they are not always nice to you. A full moon in your opposite sign of Scorpio will help you realize that people everywhere are much the same – if not quite as brilliant as you.

Gemini May 22 - June 21
If a friend asks you to do something you disagree with today you must have the strength to refuse their request. Even if it puts a strain on your relationship in the short term, in the long term they will admit it was the right thing to do.

Cancer June 22 - July 23
The best way to make the most of the Sun in one of the most positive areas of your chart is to believe that all things are possible. Do what your heart tells you is right today, even if everyone else seems to think it is wrong.

Leo July 24 - Aug. 23
Some may say you are being unduly cautious, and maybe you are, but today's full moon warns this is not a good time to take chances. You know the old saying: "If it's not broke, don't fix it."

Virgo Aug. 24 - Sept. 23
The worst possible thing you can do now is to try to conform to the kind of image you think others have of you. You are who you are for a reason, so forget about what friends and family members expect of you.

Libra Sept. 24 - Oct. 23
This could be a lucky day for you but it could also be the kind of day when what you gain with one hand you squander with the other. If you find you have more cash than you expected put it away for the proverbial rainy day.

Scorpio Oct. 24 - Nov. 22
A few weeks from now you will either look back and marvel at the things you accomplished or look back and regret the things you avoided. Go on, take a chance.

Sagittarius Nov. 23 - Dec. 21
It may appear to others that you are not doing very much but just because you are not active on the outside does not mean you are not active on the inside. On the contrary, that Sagittarius brain of yours is bubbling with new ideas.

Capricorn Dec. 22 - Jan. 20
The pace of life will be hectic over the next few days and the demands others make of you will be tough. Plan ahead sensibly and be ready to say "no" when too much is expected of you.

Aquarius Jan. 21 - Feb. 19
Don't sit back and wait for good things to happen – get out into the world and make them happen. The fact that you feel dissatisfied with your lot means that changes need to be made.

Pisces Feb. 20 - March 20
You have far too much going on in your life and today's full moon will in some way or other shake things up and make you realize you need to cut back on your commitments.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2				5				4
8		3	7		4	6		1
	7						6	
6				4				9
	3						8	
4		6	1		8	3		2
1				7				6

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